

A Script for Using Candlewalk: A Bedtime Prayer to God With Children & Families

Page 1

"I put on my muddied boots."

Let's make a big exhale as we lean forward and pretend to put our boots on. Let's feel the stretch in the back of our legs (hamstrings.) (This can help release tension and bring more peace.)

"And light my little lantern"

Let's light our candles. Let's look out our windows and check to see if we see stars.

"We peek into the darkness and take a deep breath."

Let's take some more deep breaths or try yawning four times. That will really help us settle our bodies.

"I remember how to listen."

Let's close our eyes and listen together for a few moments and notice what we hear.

(Optional: Take a round to say what we hear... ie.. the refrigerator, the frogs outside...)

"I lie down in peace, at once I fall asleep; for only you, Lord make me dwell in safety."

We can read these words in the Bible in the book of Psalms, Psalm 4:8. Can you please repeat this after me?

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"Creak, creak dance the trees. Our eyes are closed as we remember our day."

Let's close our eyes, think about our day and imagine we are like this tree. Here are some questions we can ask.

"Did God move through our branches today?"

**Or did God's breath feel far away?
Did someone seek the shelter of our shade?**

Is there something that made us sorry?"

Let's take a few moments to draw or write anything we want about these questions. We might not finish, but we can start now.

(Pay attention to how people respond during their coloring time and if appropriate, add these cues:
Are there special ways we saw God show us love, kindness, miracles?
Were there times when I felt lonely and wanted to know God was with me?
How did I show kindness today?
Did I feel hurt by something someone did to me or didn't do for me?
Did I hurt someone else's feelings?
Allow 3-5 minutes of art response)

If you want to, you can hold up your drawing or the words that you wrote. We will just show them now, but maybe you can talk to an adult about it before you say good night.

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Page 9

"Creak creak we hum and dance, and our sorries drift away on the wind."

God is so kind and loving and forgiving. Let's take a few deep breaths and silently tell God about any sorries that we want to give to Him. God can gladly take them so we don't carry them to bed.

Page 10

"To whit to whoo whoo... He shall cover you with his wings..."

We can read these words in the Bible in the book of Psalms, Psalm 91:4-6. Please listen to me read this again as you look at the owl.

Page 12

"Lap, lap... Lord you are in the midst of us and we are called by your name."

This is from the Bible in the book of Jeremiah (14:9,22) Can you please repeat this prayer after me?

Page 14

"Come to me all you who are weary and burdened and I will give you rest."

Jesus said these words and we can read them in the Bible in the book of Matthew (11:28-30) Please listen to me read them again and think about how Jesus is saying them to you right now.

Page 16

"Be our light in the darkness. Protect us through the hours of this night."

Think about looking at all the stars in the sky as you repeat this prayer after me.

Page 18

"Guide us waking and guard us sleeping."

Let's say this three times together with motions.

(Guide us: left hand pops up with spread fingers, right hand points, look up, point

Guard us: Hug ourselves, tilt our head to the right)

Let's rest and listen as I pray these prayers.

**"Keep watch dear Lord..."
"The God of life..."**

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"Hush I blow out my lantern."

Let's turn off our candles.

"In peace I lie down and sleep."

Let's say this all together with motions.

(In peace: Cover our head with hands
I lie down: hands on chest with blanket or animal

and sleep: snuggle up and pretend to be asleep)

(Concluding: We end with a recording of "The Lord Bless You and Keep You.")

Let's rest together and listen to this song.